st. matthew's UNITING CHURCH BAULKHAM HILLS

growing together

Thank you for worshipping with us today

Twitch.tv, livestreaming at 8am, 9.30am and 9am in January each year

Let us gather as a community to celebrate the blessings that surround us





Sunday Services

8am–Worship
Led by Pamela Leslie and Thomas Smith

9am– Worship @ the Willow's–led by Phil Bunn

9.30am–Worship
Led by Sara Wienand
Includes morning tea

6.45pm–Worship
Community Meal

KUCA Preschool, Years K–2 & years 3–8

Bible Reading
Matthew 25: 1–13
Joshua 24: 1–3a, 14–25
1 Thessalonians 4: 13–18

Something to think about

8 November

Pentecost 24

Revised Common Lectionary Readings:

Joshua 24:1-3a, 14-25
Psalm 78:1-7
1 Thessalonians 4:13-18
Matthew 25:1-13

How Loved You Are!

Last Sunday for All Saints Day, the Revised Common Lectionary set 1 John 3: 1–3 which begins with the powerful statement, “See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!” I preached a sermon titled, ‘Oh! Such love!’ The fact and truth that we are children of God is something that we can overlook and take for granted too easily because it sounds like a metaphor. Yet, it is a reality attested to in Scripture in several places. [1 John 3: 1; Romans 8:14–15;

Love is something that we can take for granted. We know the ones who love us love us. We can become complacent or blasé, in the comfort of relationship. We rarely do it out of active malice; rather, it is usually a quiet, almost invisible byproduct of human psychology. Human beings are wired to assign value based on scarcity. When a resource is infinite and guaranteed, our brains naturally stop expending energy to track or appreciate it. Psychologists call this hedonic adaptation or habituation. When a stimulus – even a wonderful one – is constant, our neural receptors adapt to it over time. However, the love we share with God and others is so precious and good for our soul. How much more helpful to our souls is contemplating, ruminating, being grateful for and celebrating such a precious gift?

Sometimes, being blasé is an unconscious defence mechanism. Fully accepting someone's love requires acknowledging how deeply dependent we are on them, which inherently opens us up to the terror of loss. If we treat love as casual, ordinary, or slightly unremarkable, it feels safer. By keeping an emotional arm's length and acting as though we could take it or leave it, we protect ourselves from the vertigo of realizing how shattered we would be if that person ever walked away.

Furthermore, when we are consumed by our own internal friction, such as stress at work, physical exhaustion, financial anxiety, or personal insecurity, our psychological and spiritual bandwidth shrinks. Under stress, our brains shift into survival and triage mode. In that state, other people’s emotional investments in us can begin to feel less like a gift to be savoured and more like an invisible obligation or background noise that we simply don't have the cognitive, emotional or spiritual energy to process.

Savouring the affection and devotion people offer us does something profound to our psychological and physiological state. It shifts us out of survival and maintenance mode into a state of genuine nourishment. When we actively pause to take in someone's love rather than letting it slip past as background noise, it impacts our wellbeing in several real ways. This is true when we meditate or contemplate the love of God for us.

continued next page

How loved You Are! -continued

Here is a powerful video by Josh Wilson titled, 'How Loved You Are.' It is worth a watch as both a reminder to ourselves, but also a reminder that everyone else is equally loved.



Josh Wilson – How Loved You Are (Official Lyric Video)

https://www.youtube.com/watch?v=vJneSZ3Q1lY

Intentionally focusing on and thinking about the love God has for us and the love others have for us counters our negativity bias – that is our natural and automatic tendency to look for things that are a threat or danger to us. Evolutionarily, our brains are hardwired to scan for threats, and in the absence of physical threats, they register criticism and look for problems in our lives and trigger the flight, flight, freeze or fawn response in us. So, we tend to hone into and store negative things as painful memories far longer than positive ones – a survival mechanism designed to keep us safe from danger. Actively savouring love acts as a deliberate corrective. It forces the brain to linger on a positive experience long enough for it to be encoded in long-term memory, helping to balance out our inherent tendency to dwell on the negative.

Physiologically, contemplating and ruminating on the love of God and others for us regulates our nervous system. When we truly let in the feeling of being cherished, safe, and valued, it signals to our autonomic nervous system that we are secure. This experience helps down-regulate cortisol and adrenaline production while encouraging the release of oxytocin (the bonding hormone) and dopamine. Physiologically, this lowers blood pressure, eases muscle tension, and gives the body a much-needed break from chronic, low-grade stress.

Life inevitably brings friction, setbacks, and periods of heavy stress. If we treat love as ordinary when things are going well, we treat it like an empty well when a crisis hits. Focusing on and deeply thinking about the love others and God have for us deepens resiliency during hard times. By consciously banking moments of appreciation and truly feeling the weight of others' support when times are calm, we build an internal reservoir of emotional security. Knowing deeply that we are anchored by someone makes external failures, professional pressures, or health scares feel far less catastrophic because we know we do not have to carry them alone.

Relationships wither when affection becomes a monologue rather than a dialogue. When we genuinely savour someone's love, it naturally changes how we treat them and others. When we start noticing the love of others by recognising their efforts and actions which demonstrate their love, we are more open to likely express spontaneous gratitude, and reciprocating in ways that make them feel seen and appreciated. This breeds mutual reciprocity and connection and creates an upward spiral: feeling appreciated makes people want to give more, deepening the intimacy and safety for both of you. We also be more likely to be more loving.

So, love is an amazing gift. We are so loved that we are the Children of God, becoming coheirs with Christ – the Son of God. We should remember that it can be easy to become complacent about this, but it is something which should fill our minds, heart and soul. The love of others for us is equally powerful. The love God has for us and the love others have for us is therefore something not to just casually think about, but something to intentionally, deeply and with discipline something to be thinking about.

God bless.
Jon

PEOPLE NEWS



Janine Cameron

Our very best wishes to all the St. Matthew's community who are celebrating their birthdays this week.

Weekly SYNOD SPOTLIGHT
Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter For (30 October 2026) Please see link to Synod Weekly:

https://one.uca.org.au/

Leading Worship at the Willow's

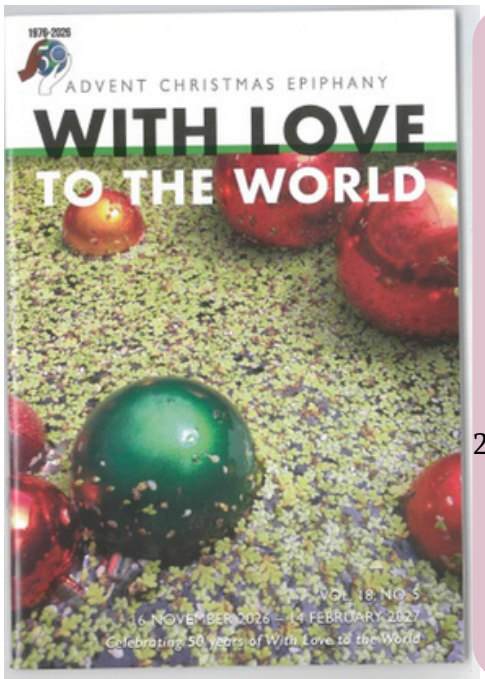
Would you like to help out and lead worship @ the Willow's in 2027. Have you picked up some new skills from the leading in worship courses. The services are usually 35-40 min. The Hymns used are from either the Salvations Army book of the Australian Hymn Book.

Please contact the church office if you can help.

Ecumenical Prayer Cycle

8-14 **November**

Oceania: French Polynesia, Kanaky, Kiribati, Marshall Islands, Micronesia, Nauru



Advent Christmas Epiphany
With Love to the World
A daily bible reading guide based on the Revised common Lectionary
Volume 18, No. 5
6 November 2026- 14 February 2027
is available in the church foyer.
Please place $7 in the offering bag to help cover costs.



What's happening this week at St. Matthew's

MONDAY 9 November

9am
sorting & pricing op shop
& garage sale
lower hall

7.30pm- Christian Meditation

TUESDAY 10 November

9am-2pm Op Shop

9.30-11am- Christian Meditation
community
room and Church

WEDNESDAY 11 November

9am-2pm Op Shop

10am-12pm- Women's Fellowship
upstairs hall & Church

7.30pm-Church Executive meeting

THURSDAY 12 November

9am-2pm Op Shop

FRIDAY 13 November

5.30-7.30pm-Fusion Youth Group
"Custard Night"



SATURDAY 14 November

No Scheduled Activities

SUNDAY 15 November

8am- Worship

9.30am- Worship
KUCA Preschool
year K-2 & years 3-8

followed by morning tea

6.45pm-Worship



MINISTER
Rev Jon Humphries
Email: jon@stmatthewsuniting.net.au
Jonh@nswact.uca.org.au

MINISTERS
Everyone

PASTORAL CARE WORKER
Sara Wienand
Sunday am, Monday, Tuesday
Email: saraw@nswact.uca.org.au

CHURCH OFFICE SECRETARY
Lynn Samuel
Email: lynns@nswact.uca.org.au

CHURCH OFFICE HOURS 8am-2.30pm
Tuesday, Wednesday, Thursday
OFFICE: 9686 3003
Email: office@stmatthewsuniting.net.au

CHURCH COUNCIL CHAIRPERSON
Mike Underwood
Email: mikeu@nswact.uca.org.au

CHAIRPERSON OF ELDERS
Helen Olley
Email: helen.olley@optusnet.com.au

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Weekly newsletter available on website

FACEBOOK:
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st. matthew's UNITING CHURCH BAULKHAM HILLS growing together

New Website

We plan to launch the revamped website around 21st November.
There will be no change to the website address, that will remain the same.
www.stmatthewsuniting.net.au

JOIN OUR NEW
LIVING LOVE MINISTRY TEAM
(Name yet to be finalised)
Showing God's Love to others through community service, charity fundraising and practical giving

Talk to Jane Cole or Jon if interested



JOIN OUR NEW
CARING MINISTRY TEAM
Help us care for our community and share God's love through practical support, kindness and prayer.

Talk to Sara if interested



JOIN OUR NEW
YOUTH & YOUNG PEOPLE MINISTRY TEAM
(Name yet to be finalised)
Exploring and encouraging ministry with those in the first third of life

Talk to Erin Matthewson
or Jon if interested



JOIN OUR NEW
SPIRITUALITY LEADERSHIP MINISTRY TEAM
Nurturing, growing and encouraging Christian spirituality

Talk to Katherine Pedersen
or Jon if interested



St. Matthew's Birthday Combined Morning Tea



9am



Sunday 22 November

Please tell Sara If you can bring something to share



The property committee will be holding the next working bee on

Saturday 28th November

8am to 11.30am



Please come along for a little while or the whole time. Many hands make light work and would be most appreciated.

St. Matthew's Uniting Church Baulkham Hills growing together

St. Matthew's Social Action Ministry Team

How doing little things makes a big difference.

Topic: First Nations Science – DeadlyScience

Corey Tutt OAM is an Aboriginal Australian STEM professional, author, social entrepreneur and the founder of DeadlyScience, an initiative that provides STEM resources to remote schools throughout Australia. In 2020 he was named the NSW Young Australian of the Year.

As a young person, Corey discovered a love of STEM (Science, Technology, Engineering, and Mathematics) but found little encouragement for Aboriginal and Torres Strait Islander people to pursue careers in these fields. Many regional and remote education providers were critically under-resourced, limiting learners' opportunities to experiment, question, and discover compared with their urban peers.

Corey worked two jobs to purchase and send resources to these education providers. What began as a small personal mission soon grew into a powerful movement. In 2018, Corey founded DeadlyScience, a not-for-profit organisation dedicated to providing STEM resources and learning experiences to regional and remote education providers across Australia and connecting First Nations learners with STEM professionals.

Since then, DeadlyScience has grown to become Australia's leading First Nations STEM charity, working with more than 800 education providers and community organisations across all States and Territories. Every book delivered, every STEM kit shared, and every conversation sparked contributes to lasting change.

The impact goes beyond the delivery of resources. Through culturally grounded STEM kits, hands-on learning experiences and community-led engagement, DeadlyScience supports learners to build confidence, curiosity and a strong sense of belonging in science, technology, engineering and mathematics. They work alongside communities. Listening first, learning together, and responding with programs that make sense on Country. The result is impact that starts in classrooms and ripples across families, communities and generations.

Corey also writes children's books on science. Profits from the sales of his books help to fund the work of DeadlyScience. His latest book is 'Before It Was Called Science' and explores Australia's first nation's relationship with science for millennia. DeadlyScience is a registered charity and donations are tax deductible.

Corey stated that "This isn't just about science. It's about opportunity, pride, and possibility for the next generation."

Website: https://deadlyscience.org.au/

Blessings
Alexander
SAMT

To ask about joining the Social Action Ministry team at St. Matthew's
email Alexander on alexander.lawless7@gmail.com
The next meeting will be on Tuesday 16 February 2027 @ 7pm in the lower hall.
To receive a copy of the weekly SAMt enews into your email inbox
email Amanda at agcm1960@gmail.com

Uniting World Christmas Cards

Christmas cards that fight poverty.

UnitingWorld



https://donate.unitingworld.org.au/shop/viewitem/christmascardpack

St Matthew's Op Shop

Important Dates

7th November 2026 – Garage Sale
5th December 2026 – Garage Sale

Last day of trading 2026:
Thursday 17th December 2026

First day of trading in 2027
Tuesday 19th January 2027

st. matthew's
UNITING CHURCH
BAULKHAM HILLS
OP SHOP

Revesby Uniting Church Aged Care Petition to UnitingCare:

Revesby Uniting Church have launched a Change.Org petition to UnitingCare about the new fee structure for Uniting Care aged care facilities. The link is in this QR code.

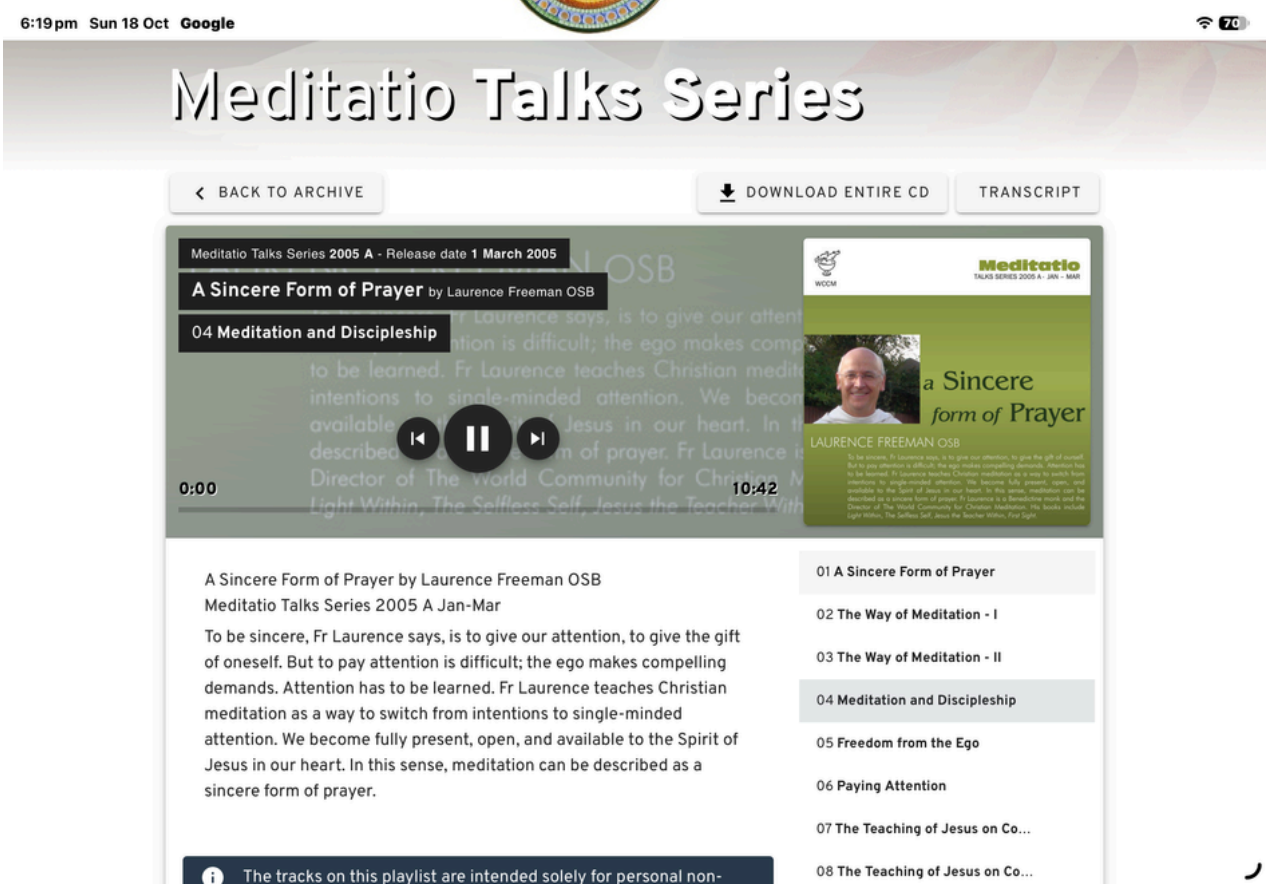
They are appealing directly to Uniting NSW/ACT to reconsider the proposed arrangements and ensure that all residents, regardless of their financial circumstances, are treated with dignity and compassion.

Spirituality Leadership Group been offered to the congregation and the wider communtity

These 15 minute talks will be played in the first 30 minutes of the ***Christian Meditation*** sessions held at St. Matthew's on Monday evenings @ 7.30pm and Tuesday mornings @9.30am. People do not need to know how to meditate to attend and listen to the talks.

The talks are for peoples information and are a part of a spiritual practice that St. Matthew's offers to all. The sessions are freely offered, however a gold coin donation weekly would be appreciated.

Enquiries to Katherine Pedersen
kathped56@gmail.com



WCCM AUSTRALIA (NSW)
MEDITATION & COMMUNITY

The Blackheath Community invites you to a Community Day on 5th December 2026

Reverend Linda Chapman OAM is our guest and will present:

The Hidden Language of Nature: when the Trees say Nothing

These talks are in part based on the nature writings of Thomas Merton and address the 'language' of nature hidden in silence and how we might listen and engage.

During the day we will meditate together, share periods of silence and times of reflection

When: Saturday 5th December 2026 from 10am to 2pm

Location: Sacred Heart Catholic Church Hall, 167 Wentworth Street, Blackheath

Books will be for sale and Community CDs will be available for free

Donation as you wish

BYO lunch, tea/coffee and morning tea provided

If you plan to attend please email Marilyn Jones – marilyn.jones5@bigpond.com or phone – 0401 637 759

The World Community for Christian Meditation Australia (NSW)
wccmaustralia.org.au

You can make your own way there or contact Katherine for car sharing or even make a weekend of it in the mountains.

Please see QR Codes for links for YouTube, Facebook & Twitch